

October 2021

Manitowoc County Senior Meals and Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	1
Suggested meal cost donation for 2021 is \$5.25. Actual cost is \$8.75	*Contains nuts. Please note, our kitchen is NOT a nut-free facility.			Chili Chicken Salad on Wheat Broccoli Cauliflower Salad Warm Applesauce Lemon Pie
4	5	6	7	8
Salmon Whipped Sweet Potatoes Coleslaw WW Bread Black Forest Cake	French Bread Pizza Romaine Salad Country Blend Veg WW Bread Banana	Chicken Stir Fry Brown/White Rice Carrots Pineapple Peanut Butter Cookie*	Swedish Loaf Mashed Potatoes & Gravy Winter Blend Veg Rye Bread Chocolate Pudding Torte	Brat on WW Bun Caesar Potatoes Baked Beans Golden Salad
11 Columbus Day	12	13	14	15
Chicken Pizza Bake Romaine Salad Grape Tomatoes Potato Bucks WW Bread Cherry Cake	Beef Tips Mashed Potatoes & Gravy Corn WW Dinner Roll Lemon Bar	Ham & Bean Soup Egg Salad on WW Bread Mandarin Oranges Berry Torte	Meatballs & Gravy Mashed Potatoes Green Beans Strawberries WW Bread Angel Food Cake	<u>Sweetest Day is Oct. 16</u> Turkey Noodle Casserole Winter Squash Grapes Sweetest Day Cookie
18	19	20	21	22
Pork with Fried Rice Stir Fry Veggies Baby Corn Chocolate Chip Bar	Meatloaf Diced Sweet Potatoes Broccoli WW Bread Fresh Fruit	Philly Style Mac & Cheese Mediterranean Herb Veggies Peaches WW Dinner Roll Vanilla Pudding	<u>Caramel Apple Day</u> Baked Chicken Mashed Potatoes & Gravy Carrots WW Bread Caramel Apple Torte	BBQ Shredded Pork on WW Bun Cheesy Potatoes Baked Beans Banana
25	26	27	28	29
Polish Sausage on WW Bun Three Bean Salad German Potato Salad Fresh Fruit	Salmon with Dill Sauce Boiled Red Potatoes Pineapple Coleslaw Rye Bread Fruited Lemon Fluff	Baked Spaghetti Mixed Veggies Fruit Salad Black Bean Brownie	Tator Tot Casserole Carrots Mandarin Oranges WW Bread Poke Cake	Chef Salad Chicken Dumpling Soup French Bread Banana Bar